



I MHG Newsletter

December 2005

CO's Message

As we prepare for the upcoming deployment, one of the most important issues we need to consider is FAMILY READINESS! On 1 December, Marines and Sailors are highly encouraged to have their spouses attend the Family Pre-Deployment Brief at the I-MEF Operations Center (MOC) auditorium at 1800. This will be a great opportunity to learn or reinforce awareness and utilization of resources that will be available to spouses once their service member is deployed.

There are many support agencies that provide assistance to Marines/Sailors and their families, both before, during, and after deployments. Some topics covered at the Brief will be legal (wills & powers of attorney), housing, pay, family care, etc. I look forward to seeing all service members and their spouses at the Brief.

In addition, as the Holiday Season approaches, many of you will be traveling to visit family and friends. Please take a moment to reflect on safety. Try to travel during daylight hours, use your headlights, and most importantly, keep yourselves and your loved ones safe!

Merry Christmas and
Happy New Year!

LtCol Thomas Ward



IMPORTANT REMINDER TO ALL FAMILY MEMBERS !

PRE-DEPLOYMENT BRIEF

Thursday, Dec. 1st, 6-8 p.m.
MOC Auditorium
Bldg 210723
(Del Mar area)

**Know what to expect with
the deployment, what you
need to do before the
deployment, and what
resources are available to
assist you! Childcare will be
provided.**

Spouse's Q & A

Question- "How do I Keep My Minor Children From Foster Care If Something Happens To Me While My Marine or Sailor Is Deployed?"

Answer- To learn the answer to this question and how to address many other issues that may come up, please attend the MHG Predeployment Brief. With a little planning, knowledge, and smart choices, we can all be better prepared. Join the other unit spouses for this important session. This will also be a great opportunity to network with and meet other spouses who will be sharing the deployment with you. Medical, Legal, Financial, and Child/Family issues will be a major part of the discussions at the Brief.



Key Volunteers (KVs) are the communication link between the command and the families, particularly during deployment. KVs stay in touch with family members on a regular basis, providing information on resources and events that help to make family life in the Corps more enjoyable and less stressful.

What can you do? Please stay in touch with your KV if you are going to be moving, going to be out of town for a few weeks or months, if your phone number changes, or if there are any questions that you have. Your KV is there to help you.

IMHG KVN

KV Coordinator **Laura Crawford**
KVs (by shop)

Adjutant	Lori Barnes
Medical	Susan Winters
GPAC	Sara Choate
S-3	Jennifer Saurer
Supply	Kim Matus
S-4/Armory/Field Mess	Brandi Goskie
Motor T/Engineers	Barbara Cook
Comptroller	Norma Olivas

COMMAND ELEMENT KVN

KV Coordinator **Deanne Graler**
KVs (by shop)

G-1	Chantelle Bartch
G-2	Kim Bilas & Kathleen Devlin
G-3	Rosa E. Garcia & Faith Atkinson
G-4	Sarah Dalke
G-5	Cindi Slattery
Comptroller	Maria Evans
G-6	Holly Trainer
G-7	Lori Burton
SJA	Stephanie Gillette
Staff Sec	Candy Diosdado
PAO	Jessica Cordero

◆◆ KEY VOLUNTEER TRAINING SCHEDULE ◆◆ Classes are held at Marine Corps Family Team Building classroom, Bldg. 1345 MCB Camp Pendleton. Advance registration is necessary to insure preparation of adequate materials. For information and to register for class, please call 760-725-6637 / 9052

Key Volunteer Basic Skills class:

December 3, Saturday 8:30am – 4:00pm

Information and Referral Resources

Birth of child 800-951-5600
DEERS 760-725-2442
No ID/Lost ID 760-725-2768
Naval Hospital Camp Pendleton (24 hrs) 760-725-6877
New Parent Support Program 760-725-3884
Emergency Child Care 760-725-3888/0845
ChildCare Resource & Referral 760-725-9723
FisherCenter (hourly childcare) 760-725-0845
Children/Youth/Teen Programs 760-725-6308
Children's Counseling Service 760-725-8519
Child Abuse (CPS) 800-344-6000
Military Outreach Ministry **877-895-5942**
Family Team Building 760-725-2335
Spouse Clubs 760-725-5355
Community Centers- San Onofre 760-725-4310
 Stuart Mesa 760-725-9717
 Abby Reinke 760-763-0649
Youth Centers- **DeLuz** 760-725-5608,
 San Onofre 949-498-9166,
 Wire Mtn 760-725-2102
WIC 800-500-6411
Run out of money/No Food 877-985-5942
Navy/Marine Corp Relief 760-725-5338
Consumer credit counseling 888-298-2227
Legal Assistance 760-725-6172
Drug/Alcohol Abuse 760-725-5538
PAO (Media request) 760-725-5569
Rape CP Naval Hospital 760-725-9806
Victim of Criminal Activity **911** or **760-725-3888**
Women's resource center 760-757-3500
Domestic Violence Hotline 714-992-1931
 Referrals 800-978-3600
Suicide 760-725-3888/**Chaplain** 760-725-4700
Hotline (suicide) 800-479-3339
Counseling Services (base) 760-725-9051
Counseling (N. County Coastal) 760-943-0997
Vehicle Registration 760-725-2106
Car Repair 760-763-0595
Transportation (local YMCA) 760-385-4921
Del Mar Taxi 760-632-8888
Emergency housing (off base victim) **800-843-2182**
Career Focus 760-725-9451

MARINE HEROES HONORED BY UNITED STATES POSTAL SERVICE

Camp Pendleton was designated as one of two "First Day of Issue" sites for the Distinguished Marines commemorative postage stamps. On the Corps birthday, November 10th, the U.S. Postal Service began selling the stamps which depict the achievements of John Basilone, Daniel J. Daly, John A. Lejeune, and Lewis B. "Chesty" Puller.

HO! HO! HO!
JOIN US FOR THE I-MHG
HOLIDAY PARTY!



Sunday, December 11, 2005
2 pm- 5 pm
Abby Reinke Center
Stuart Mesa Housing Area
Please join us for food and
fun!

GAMES AND ACTIVITIES FOR THE
KIDS AND...

Santa Claus will be there!

CHAPLAIN'S CORNER

CHRISTMAS- A Time of Joy, A Time to Be Thankful. A Time to picture your relationship with others in the context of the Christmas snow globes we played with as children. The clear cover protected all the wonderful delights inside. Sometimes our closest relationships need some protection from raised temperatures, particularly in facing the stresses of preparing for deployment during the holiday season.

Picture yourself protected by a Plexiglas globe. Some things get through like patience and love. Things that cause you stress you simply do not allow to enter, you have created your personal boundary. When someone says something you might be tempted to receive with anger, Stop it at your personal boundary. Examine it and put it into one of three categories. 1) Things that are True – May require a change within yourself. 2) Things that Aren't True – may be an indication your partner is frustrated about something else. You can care about their frustration without being hurt by these comments or actions. 3) Things that are Maybes – hold them at the perimeter as you decide to let in the parts that are true, and reject the ones that aren't.

An example: *"You idiot, you always leave the lid off the toothpaste!"* Instead of reacting in anger, Categorize: No – you don't always do it; Yes – you have done it on occasion; Maybe – more often than you admit. So, ignore *"Idiot,"* & *"always;"* Take on making an effort to improve. Think- perhaps dried up toothpaste is part of a bigger issue. Maybe your spouse is concerned about money. Listen to what is unspoken. Make an effort to de-Stress. Often!

May God's blessings of Christmas,
Hanukkah, and Peace on Earth be
with you all this season,

Chaplain Smith

TRAVELING FOR THE
HOLIDAYS?



United Airlines is offering special fares for Military members and their families. The fares are **not** advertised on united.com. Instead you have to call **1-800-241-6522** and identify yourself as eligible for military fares. Discounts are good until Jan 06. Visit the link below for current fares and details:

<http://www.united.com/page/article/0,6722,51098,00.html>

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LOCAL HOLIDAY OUTREACH PROGRAMS

***The "Friends of the Family" program through the Armed Services YMCA offers Christmas assistance, especially to junior enlisted families. Call Dawn Baker at 760.385.4921 for info.

***Toys for Children of Military who are in need? Food or Clothing needed? Paperwork for parent to fill out is at the Religious Development center, Bldg 1344, 760.725.4700.

***Military Outreach Ministries, also known as 'MOM,' is sponsoring Christmas Gifts for Camp Pendleton children. "Shop for Free" plus Christmas dinner. The 1st 1,000 families must register by Dec. 1st. Call 760.929.0029, ext. 142

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DO YOU KNOW A MARINE, SAILOR, OR A
MILITARY FAMILY WITH NOWHERE TO GO
FOR THE HOLIDAYS?

Why be alone during the holidays? There are many families who would like to sponsor a military member and/or his or her family as a way of saying 'Thank You' and to show community support for the military.

***Operation Homefront's Annual ADOPT-A-MILITARY program. To sponsor a family or to register for a sponsor, go to the Operation Homefront (San Diego Chapter) website at <http://www.operationhomefront.net/sandiego/>.

***Chaplain's Office. Contact the unit chaplain or the base chaplain's office at 760.725.4700.

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Need Car Repairs, Clothing, Furniture,
Home Repairs, Emergency Diapers &
Baby Supplies, Computers, or other
assistance?

Contact HOMEFRONT SAN DIEGO at
<http://www.homefrontsandiego.org/programs.htm>



FOCUS ON FINANCES

BASE HOUSING IS AVAILABLE

Contact Lincoln Management, the PPV contractor, 760.385.5310, by e-mail at Lincoln_cpen@lpsi.com, or by visiting the Central Housing Office on E Street, Bldg #1138 (Mainside).

Establish a MyPay Restricted Access PIN Before the Deployment

Spouses, or other family members, can access a service member's Leave & Earnings Statement (LES), get Tax Forms (W-2s), and other pay related information via a restricted access PIN. The restricted access will be view only and will not allow a spouse or other family member to make any changes to the Marine/Sailor's pay account or other information. The Website for MYPay is <https://mypay.dfas.mil/mypay.aspx>.

The procedure for establishing a Restricted Access PIN is as follows.

- **Service member must log on to MyPay using his/her SSN and PIN.
- **On the Main Menu, click on the "Personal Settings Page" link, highlighted in red.
- **On the "Personal Settings Menu" click on "Restricted Access PIN" link.
- **Next will appear the Restricted Access Page where you need to "Enter your new Restricted Access PIN" and then, "Re-enter your new Restricted Access Pin." Your PIN must start with a letter from A to Z followed by 3- 7 numbers only. Once you have established your PIN, select "Submit your Requested Access PIN."

The restricted access account will be established immediately and you will be given the following message; "Your restricted Access PIN has been reset. This PIN may be given to others along with your Social Security Number (SSN) to view your Pay Statements or Tax Statements without allowing them to change your Pay Account."

Marines/Sailors are strongly urged to set up a restricted access account for whoever will be handling your financial affairs during your deployment.

GI Bill Rate Increase

Each year the Department of Veteran's Affairs readjusts the GI Basic Payment rate to reflect the increased cost of education tuition and other expenses associated with pursuing a college degree. GI Bill Benefits can now pay over \$1000 a month to use toward an undergraduate or graduate degree or for vocational training. Go on-line to <http://www.military.com/Resources> for more information.

WHAT IF YOUR PURSE/WALLET IS STOLEN?

Contact authorities immediately. Make a list of everything that was in your purse. Start a notebook in case you have to contact vendors, credit card companies, etc. Jot down the date, time, and who you talked to. Get a copy of your credit report immediately and contact all major credit reporting agencies as to the theft.

PROTECT AGAINST IDENTITY THEFT!

With the holiday shopping season upon us, it is important to guard your financial future as well as your spending! Identity theft is one of the fastest growing crimes in America today. Identity theft can include the unauthorized use of ATM cards, Credit Cards, and/or the information on them as well as total theft of your good credit, your assets, and your future ability to get loans, including mortgages.

Some tips on how to avoid Identity theft.

- **Never lose sight of your credit card when making a purchase. Thieves have been known to substitute a stolen or cancelled card for your card. Double check to make sure that it is your card that you are given back. Shred receipts with your account # on them.
- **Fake websites are common. If you shop on-line, enter the actual website of the vender rather than clicking on a link provided in other e-mails or on other sites. Fake websites are common and are hard to tell from the real thing. They are after your personal I.D. and your credit card information.
- **If shopping on-line, use only secure sites that change from 'http' to 'https' when requesting payment or personal information. The "s" means that the site has some form of encryption for personal information.
- **Shred personal information before throwing it in the trash. Thieves are known to go through trash to get personal information, account numbers, and other financial data.

ATTENTION ALL SPOUSES!

**YEP! THAT
MEANS
YOU!**

Do you know what an LES is and how to read it? What do all those abbreviations mean, and exactly what does your Marine do? What is an MOS? What kind of benefits and privileges does a family member have? What kinds of resources are available to Marine families? What is so important about the Marine Corps history and tradition? Who can you turn to for help?

Want Answers? Want to have fun learning about the Corps? Want to get together with other spouses in a relaxed setting with good food, fun, and the opportunity to make new friendship? Childcare is provided, and... Your Marine or Sailor will still get the day off if you attend a LINKS session!

ATTEND A L.I.N.K.S. session. LINKS stands for LIFESTYLE, INSIGHT, NETWORKING, KNOWLEDGE, & SKILLS.

Contact Marine Corps Family Team Building at 760.725.2335
LINKS is your road to Marine Corps Living

ABOUT THE CORPS The Eagle, Globe, & Anchor

The Emblem of the United States Marine Corps of today dates to 1868. The eagle, our national symbol, sits atop a globe which is showing the western hemisphere. This is where the earliest campaigns of the Marine Corps were fought. Through the globe is an anchor, tied and fouled with line. This is called a 'fouled' anchor. As Marines do not operate war ships, the anchor represents the tie between the Marines and the U.S. Navy which transports them. The motto of the Marines is inscribed on the banner, which is held securely within the beak of the eagle, making it the highest point of the emblem. The inscription, "*Semper Fidelis*" is Latin for "*Always Faithful.*"



L. I. N. K. S. UNIT TEAM CHALLENGE! What do you really know about the Corps?

LINKS will be sponsoring a day of competition between units. Each unit may enter up to 2 teams of 5 spouses each.

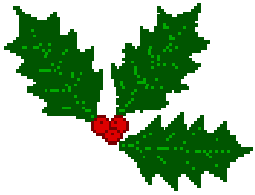
When: Saturday, January 7, 2006, 0830- 1630

Where: South Mesa Chapel

Competition Topics Include: Marine Corps History & Traditions, Pay & Resources, Deployments, Moving in the Military, Reconnecting, Career Options, & Communication.

Childcare is available, reservation only. Contact Deanne Graler at 760-213-6379 by December 18th for info on joining a **I-MHG LINKS Unit Team.**

**QUARTERLY HEALTH SERVICES TOWN
HALL MEETING, NAVAL HOSPITAL
CAMP PENDLETON Auditorium, Ground
Floor, December 6th, 6- 8 p.m.**



HELLO TO ALL AND HAPPY HOLI DAYS!

As some of you have heard me say, over and over again because it is so true, we military spouses are a special group and our friendships are forged by our shared experiences, spirit and strength. Our Marines, Sailors, Soldiers, Coastguardsmen and Airmen are part of a long and proud heritage of men and women going in harms way to protect us, our children, the children of our friends, our country and our way of life. And, we too are a part of a long heritage of gutsy, smart and witty women who provide inspiration to those around us.

Please use the times of separation to reach out to others and to forge friendships. You may not feel in need of support but your presence at an event, your smile, your introducing yourself to a stranger could bring cheer and comfort. Yes, your smile can help another overcome loneliness, fear, doubt and the uncertainty of separation. There is no one in the world like you. You can bring real sunshine into the life of another. For over 33 "Marine Corps" years, I have witnessed the magic of a smile. So, please join us for events mentioned in the newsletter. And, when you see me, please don't pass me by---share a smile with me.

My holiday prayer will be for the protection of those who serve our nation and for our military families, for peace, for your health and happiness, AND for you to receive a smile.

Ginny Sattler

Key Volunteer Advisor
I Marine Expeditionary Forces

NOTES OF INTEREST

The **Joint Reception Center (JRC)** Bldg 130132, will be undergoing renovations. The Pass & ID section & Vehicle Registration and DMV section will be closed from Nov 21- Dec 7, 2005. The Main Gate Pass & ID section Bldg 20205, will continue to process CAC and Dependant ID Cards. Appointments are recommended. For reservations or questions concerning ID cards or Vehicle registrations call (760) 725-2633/2768.

COMMISSARY HOLIDAY HOURS

Christmas Eve, Dec. 24, close at 4.p.m.

Christmas Day, Dec. 25, Closed

New Year's Day, Jan. 1, Closed

To View Monthly Newsletter:

http://www.i-mef.usmc.mil/hgtrs/mhg/MHG_News_Letter.htm

Sarah Dalke - Newsletter Coordinator

Sgt Samuel Rivera - Website Coordinator

I MEF Headquarters Group-Production

Send In Photos From Your Marine To:

MSgt Abreu at Robert.Abreu@usmc.mil Eagle Globe and

Anchor artwork by Cpl Saul Guerra I MHG Mailroom

If you received this newsletter by mail

and want to provide us with an e-mail address

Please send an e-mail to: MSgt Abreu at

Robert.Abreu@usmc.mil

We will make sure you are added to our list for updates, information and events!

CUT AND KEEP

- I MEF Command Message 866-676-0662
- MCB CP Staff Duty Chaplain 760-561-5617/5618
- I MHG Chaplain 760-725-6960
- I MHG Chaplain cell 760-390-3979
- I MHG Key Volunteer V-mail 760-763-4785
- Commanding Officer – LtCol Thomas W. Ward
- Executive Officer – Major Robert Nash 760-763-2687
- SgtMaj Carlos R. Rios 760-763-2689, 760-285-4861 cell
- Family Readiness Officer (FRO)
- Capt. Robert J. Crawford 760-763-2692
- Robert.J.Crawford@usmc.mil
- American Red Cross 800-951-5600
- MCCS One Source (760) 763-2518
- www.mccsonesource.com
- Emergency Child Care 760-725-3888/0845
- Naval Hospital Camp Pendleton (24 hrs) 760-725-6877